13 June 2016

Get fit and chill

With winter temperatures dropping and the days getting shorter, don’t be tempted to drop your healthy eating and exercise habits!

Sunshine Coast Hospital and Health Service wants you to be winter savvy with your health and wellbeing this winter.

Dietitian Erin Coory understands the temptation during winter to snuggle under a warm blanket to read or watch television, but encouraged people to ward off the winter weight gain and ‘get fit and chill’.

“Almost half of all Australian adults are expected to gain weight over winter and this is bad news for Queenslanders as we have the highest rate of obesity in Australia - the need to manage our weight is stronger than ever,” Ms Coory said.

Queensland Health research shows 65 per cent of Queenslanders are overweight or obese, and 33 per cent don’t even realise it. Not only that, 23 per cent of Queenslanders are at risk of being overweight in the future.

“The best way to achieve and maintain a healthy weight is to make small changes in your daily routine that will lead to a healthier lifestyle,” Ms Coory said.

“Make positive choices and take control of your health by looking at all areas of wellbeing. Don’t just focus on weight. Feel good about yourself for making small changes—these can lead to big improvements,” she said.

Ms Coory advised avoiding fad diets and watching your portion size (visit www.eatforhealth.gov.au for serving sizes).

“Winter is a great time to fire up the slow cooker to make stews, casseroles and soups packed with vegetables,” she suggested.

In addition, being physically active will help; exercise doesn't have to be strenuous to be of benefit.

“Finding simple ways in your day to get moving can lead to improvements,” Ms Coory said.

“Take the stairs, get off the bus one stop earlier, park your car a little further away from work or the shops, go for a walk in the morning, at lunch, or in the evening—be as active as you can and think of simple ways of getting more physical activity into your day.”

You can access many programs to help you get back, or stay, on track this winter:
- Call 13 HEALTH (13 43 25 84) or visit www.gethealthy.qld.gov.au
- Eat for health: www.eatforhealth.gov.au

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